



Portage
Powerhouse Family Fitness Center
6051 Constitution Blvd
269-329-9000

Powerhouse Family Fitness Center of Portage will offer all State of Michigan employees a **25% discount on all cash memberships** and a free consultation with a certified Level One weight loss professional. In addition they will offer a **25% discount on a Level One weight loss program.**

Sign-up fee is only \$50 on the monthly dues program (instead of \$149). This covers enrollment and membership for the first month.

Members may participate in Apex Fitness Weight Management Wellness & Conditioning Programs.

Apex Fitness Systems offer a five-step lifestyle approach that can help...employees change their body composition and improve their lives...through the application of:

- Proper nutrition
- Cardio respiratory exercise
- Dietary supplement awareness
- Continual guidance from Apex-certified professionals
- Resistance training

www.powerhousegym.com